

## Case Report

# Pilonidal Sinus at the Intermammarial Region: A Case Report

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## Abstract

Pilonidal sinus is a common entity, most often occurring in the natal cleft. Pilonidal sinuses (PS) usually occurring in the sacrococcygeal region. However, PS occasionally occurs in other parts of the body, referred to as extrasacrococcygeal pilonidal sinus (ESPS). We report a case of pilonidal sinus at intermammarial region. It is investigated appropriate management and post-surgery advice on prevention.

## Keywords

- Pilonidal sinus
- Breast
- Treatment

## ABBREVIATIONS

PS: PilonidalSinuses; ESPS: Extrasacrococcygeal Pilonidal Sinus

## INTRODUCTION

Pilonidal sinus is a common disease, often seen in young. It is usually occurring in the sacrococcygeal region, but it is seldom seen intermammarial region, umbilicus and inter fingers spaces. Treatment of pilonidal sinus is surgically remove the sinus. We report a case of pilonidal sinus at intermammarial region. It is investigated appropriate management and post-surgery advice on prevention.

## CASE REPORT

A 18-year-old women presented acutely to the general surgery with a intermammarial abscess (Figure 1). Ultrasound examination showed multiple collections up to 1 cm in size. The content of the collections was drained and antibiotic ordered. 12 week later, pilonidal sinus was surgically removed. Surgically semi-open intrafleksion technique was administered (Figure 2). On post-operative review the patient was well and no any complication occurred (Figure 3).

## DISCUSSION

Pilonidal disease(cyst, infection) consists of a hair-containing sinus or abscess occurring in the intergluteal cleft. Although the etiology is unknown, it is speculated that the cleft creates a suction that draws hair into the midline pits when a patients sits [1,2]. Pilonidal sinus is a common disease, but rarely reported inter mammarial regions, referred to as ESPS<sup>2</sup>.

Once an acute episode has resolved, recurrence is common<sup>1</sup>. Treatment is usually surgery, but there are recurrence possibility [3,4]. For this reason surgical dressing should be regular and clearly. The correct diagnosis is not only important for surgical



Figure 1 A 18-year-old women presented acutely to the general surgery with a intermammarial abscess.

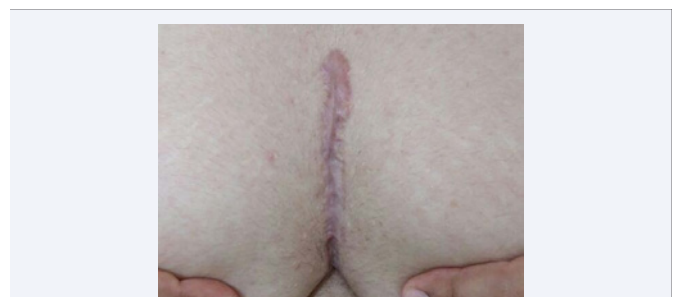
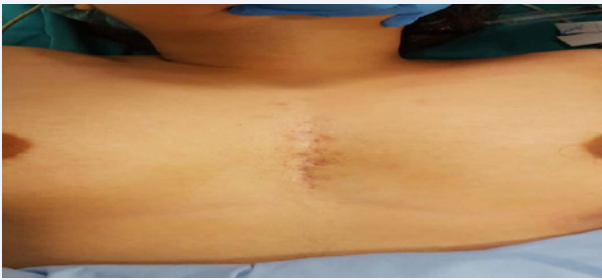


Figure 2 Surgically semi-open intrafleksion technique was administered.

management, but also in counselling the patient to prevent a recurrence.

## ACKNOWLEDGEMENTS

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**Figure 3** On post-operative review the patient was well and no any complication occurred.

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